

Fibromyalgia: Management through massage

What is Fibromyalgia?

Fibromyalgia is associated with widespread chronic pain, fatigue, memory problems and mood changes. It occurs more often in women than in men, and is not a disease, but rather a syndrome that can be managed. Fortunately, fibromyalgia is not life threatening and does not lead to muscle or joint damage.

Benefits of Massage Therapy for Fibromyalgia

Massage Therapy encourages circulation in the muscles, which increases the flow of nutrients and eliminates waste products. This is particularly beneficial for those with fibromyalgia as it can reduce heart rate, relax muscles, improve range of motion in joints and increase production of the body's natural painkillers.

What Massage Techniques Will Be Used?

During the massage being developed specific to Fibromyalgia, tender points will be gently stretched with a goal of releasing "stuck" tissue. Following specific tender point work, a full-body massage is executed.

Sleep Better, Feel Better

One of the main symptoms of fibromyalgia is waking up tired, even if it seems you've received plenty of sleep. After a therapeutic massage, you're likely to feel more relaxed and get a better night's rest. Deep sleep is truly beneficial to managing fibromyalgia as it is during this time that the restorative process occurs. So not only will a therapeutic massage help you wake more refreshed, but you may also experience less pain during the day.

But Won't it Hurt?

Because fibromyalgia causes pain and makes your body extremely sensitive to touch, open lines of communication are vital when it comes to how much pressure your muscles can endure during your session. Our professional therapists are familiar with the specific needs of those suffering from fibromyalgia, but you should also feel comfortable communicating to your therapist which will ensure a soothing, therapeutic massage every time. If you ever have questions, please consult your doctor before beginning any therapy.

Relief Through Therapy

Studies show that low-impact exercise programs give people with fibromyalgia relief by raising the levels of natural chemicals in the body that reduce pain and fatigue. You may be reluctant to exercise if you are already tired and in pain, but there are several options now available to you. Our Yoga classes are available and beneficial to you as you stretch and strengthen. You should begin slowly, but with ongoing help from our professional therapists, you can benefit from continual relief.

What are the Benefits of Regular Massage for Fibromyalgia?

Here's the beauty of massage: Not only does each session feel great, but also the therapeutic benefits are compounded when massage is utilized as a frequent therapy. The more you go, the healthier you feel. Back To Bliss is offering a 75-minute session for the month of November for \$30. Following this special we do offer packages of buy 6 massages and get one free. So you can relax, rejuvenate and continue to grow healthier at an affordable rate.

Cheryl Broeske

Massage Therapist @ Back To Bliss

Sources:

The Arthritis Foundation®

Mayo Foundation for Medical Education and Research®

The Touch Institute of the University of Miami School of Medicine